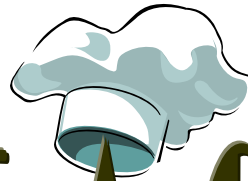




Girl Scouts.



# BECOME A CHEF



## Our Own Council's Badge



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*Special thanks from the Program Department to Troop  
Leader Beth Shuster and Members of Troop #872 who  
contributed their time and energy in the development  
of this Our Own Council's Become A Chef badge.*

**Girl Scouts - North Carolina Coastal Pines**  
**Our Own Council's**  
**"Become A Chef" Badge**

Description: The world of food is an exciting one. Learn what it takes to be a chef and try your hand at preparing different kinds of foods. Complete six of the following requirements to earn to this badge.

**1. Meet a Chef!** Arrange to have a chef visit your troop, or visit her/his kitchen. Ask what kind of training is needed and what different kinds of jobs are open to professional chefs. How do professional kitchens differ from a home kitchen? How do restaurants/chefs prepare different meals at different times all day and night long? How do restaurants/chefs ensure that the food they prepare is safe and healthy? What are considered safe temperatures for a restaurant's refrigerator or freezer? If possible, watch the chef in action!

**2. Menu Planning.** A well-planned meal is healthy and beautiful as well as delicious. Explore different methods/styles of food presentations and find out about the different ways food is served and why. Plan menus for a full day (breakfast, lunch, and dinner), which are designed to be tasty, well-balanced, and colorful. Explain your choices to your troop or group based on information you gathered exploring food presentation.

**3. Serving Etiquette.** Learn how to set a table for a five-course dinner (cold beverage, appetizer, soup, salad, main course, dessert with tea, coffee, or hot cocoa). Either demonstrate with real plates, glasses, and silverware or draw a picture. Explain the function of all the pieces and describe when you would use them while eating. Give examples of where to find this information, e.g. library books, etiquette books, or talk to someone who works in a restaurant/banquet hall.

**4. Main Course.** Pick a favorite main course – it might be a steak, chicken, pasta, or vegetarian entrée. Find at least three different recipes for preparing your main course. Compare the three recipes, look at the similarities and differences, and think about how the different ingredients may affect the final result. Pick the recipe that looks best to you and try it!

**5. Expand Your Horizons.** Try at least three foods that are new to you. For each one, note what you liked and what you didn't like about each new food. Sometimes, you need to try a new food many times before you become accustomed to the taste.

**6. Salads.** Not every part of a meal needs to be cooked. Find a recipe for one of the following salads (or design your own) and prepare it for your family or friends. If appropriate, make a dressing too. Be sure that the finished salad looks as good as it tastes!

Ambrosia

Tomato Basil Salad

Garden Salad (use at least 4-5 ingredients).

Tuna Salad

Caesar Salad with croutons (find a recipe without raw egg)

**7. Breads.** There are a number of different types of breads in the world. Some types of bread use ingredients that make the dough rise, which means get bigger, while other breads remain flat even after baking. Some bread doughs require kneading while others can be just mixed together and popped in the oven. Many people use different kinds of flour and/or other ingredients to create different flavors and textures. While completing this requirement, you will learn how different ingredients affect the final size, taste, and texture of bread.

- a. Learn about the following leavening agents, the ingredients that make bread dough get bigger (or “rise”) before and/or during baking. For each, tell how it works and find a recipe that uses it.

Yeast, baking power, baking soda, self-rising flour, and starters.

Most leavening agents can be purchased in a grocery store. A starter can be made from ingredients found in your cupboard or refrigerator or obtained from a friend or relative who bakes bread. What do yeast and starters have in common? Name at least one kind of bread that uses no leavening agents. If possible, taste breads made with different leavening agents.

- b. Some breads need to be kneaded, which means mixed until it is stiff (either by hand, a heavy duty mixer, or a bread machine). Other breads do not require kneading, and they may be placed on a flat pan to bake, baked like pancakes on a griddle, poured into a mold, or stirred in a pot of boiling water. Find at least three different methods for making bread.
- c. In the United States, the most common type of flour is made from wheat, but many different kinds of grain can be ground to produce flour or “meal” for baking. Chefs also add extras (fruits, vegetables, chocolate, or spices) to bread to create different flavors and textures. Try a bread made with a different kind of flour and/or at least one “extra” ingredient.

While completing the requirements above, make at least two types of bread requiring different techniques and/or rising agents. Share them with your family and/or friends.

**8. Cakes, Cookies, and Pies.** Who doesn’t like dessert! Find a recipe for a favorite dessert and make it at home or in a group. Is your dessert healthy or not? What makes your dessert healthy? What makes your dessert unhealthy? Share your goodies! Find a recipe with a low-fat version and compare.

**9. Dietary Restrictions.** You may avoid some foods because you don’t like them, but for some people with allergies or disease, eating the right foods may be a life or death matter! . Learn about the dietary restrictions. From the following list, choose three different areas to learn about and plan a menu that could be safely served to all three!

Diabetic, heart disease, nut (legume) allergies, wheat allergies, lactose intolerance, etc.

**10. Dietary Choices.** Food choices may be followed for religious or philosophical reasons. Prepare dishes from several different cultures and examine the characteristics each nationality/ethnicity embodies. Research and taste two different foods from the follow suggestions.

Vegetarian, Vegan, Jewish, Muslim, Hindu, Catholic.

**11. Feeding Others.** Prominent chefs often donate their time to provide food for those in need. Plan and carry out a public service project in which you prepare cooked food for one of the following causes: Make sure that you confer with your recipients ahead of time to find out what kind of food is needed and when you should deliver it!

- a. Prepare a meal for a local fire or rescue squad.
- b. Provide cooked food for a local homeless shelter.
- c. Bake for teachers or for a PTA-sponsored event at a local school.

**12. Food Science.** Did you know that chefs need to learn about the science of cooking? Chemistry and biology are important components of a chef's education. Why does food turn brown when it cooks? Why do some fruits turn brown after you peel or cut them? Can you stop this from happening? What makes Jell-o gel? Why shouldn't you leave a cream pie or chicken sandwich out on the counter all day? How do you design a new food or redesign an old food to make it healthier? Talk to a chef or food scientist about the science behind these and other food phenomena.

